

Name: Coltn Merrill ATC, CPT		Grading Quarter: 1	Week Beginning: 01/16/2024
School Year: 2023		Subject: Sport Med 3 Personal Training	
Monday	Notes:		Academic Sports Med Standards:
Tuesday	Notes:	<p>Objective: Learn about modern state of Health and Fitness</p> <p>Lesson Overview:</p> <p>Chapter 1 The Modern State of Health and Fitness Quiz Chapter 2 The Personal Training Profession Lesson 7 Fitness Industry Employment Landscape</p>	Academic Standards: 10.4
Wednesday	Notes:	<p>Objective: Learn of a Personal Trainer can develop a career and various career options. The daily duties and expectations of a Personal Trainer</p> <p>Lesson Overview: L2 Career Development L3 A Day in the Life</p>	Academic Standards: 10.1 10.4
Thursday	Notes:	<p>Objective: A system for learning about the needs of a potential client to be able to identify and present a number of solutions for those needs. Marketing is the process of promoting a service for the purpose of communicating the features, advantages, and benefits of personal training to potential clients.</p> <p>Lesson Overview:</p> <p>L4 Sales L5 Marketing</p>	Academic Standards: 10.2 10.1

Friday	Notes:	<p>Objective:</p> <p>Learn about how as a career in fitness progresses, it will be important to pursue additional education necessary to develop the skills and abilities to serve a wider range of client types.</p> <p>Lesson Overview:</p> <p>L6 Continuing Education Chapter 2 The Personal Training Profession Quiz</p>	Academic Standards: 10.2
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